



Chichester

Friday 23rd May 2014

YOUR FREE WEEKLY NEWSPAPER

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HERALD

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You can see the sense in identifying the scope of learning
ALLIS MOSS

Page 12



Win two tickets to see The T'o o Pones of January
COMPETITION

Page 20



Win a meal for 2 at Murray's at the Ship Hotel
COMPETITION

Page 22

Bosham teacher jailed

>> Village resident sentenced for historic sex abuse

James Ball
IN FOUR BOSTON STREETS BY THE

A FORMER teacher at school in Bosham, West Sussex, and a former resident of the village (Sunday, 18 May) jailed for 12 years for sexually abusing pupils at his son during the 1970s.

James Ball, 54, of 11, The Old Rectory, Bosham, West Sussex, was sentenced at Chichester Crown Court after being convicted on 12 counts of indecent assault.

He had denied all the charges but was found guilty after a four week trial.

The offences were committed against six boys at Westfield House, Chichester, Bosham, near Kilmington, between 1974 and 1981 and against three pupils at The Rectory School, near Bosham, between 1974 and 1981.

During sentencing, the Hon. Judge Richard Jones said of the evidence presented in court - a number of them unable to hold back tears as they were told their story.

"It was obviously clear from the understandably emotional evidence they gave during your trial that your

actions have left a very dark shadow which each of them has had to find ways to deal with."

Offence was placed on the Sex Offenders Register for life and also made the subject of a Sexual Offences Prevention Order (SOPO) under which he will be banned on release from living or sleeping in the same household as a child under the age of 16 unless with the express approval of his managing Public Protection Officer (PPO). He will also be prohibited from having any unsupervised contact or communication with anyone aged under 16 unless it is supervised or not reasonably available in the



Continued on page 2

James Ball has been sentenced to 12 years imprisonment

MORE HEADLINES >>

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ALICE BAKER IN THE TOWN OF CHICHESTER

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ALICE BAKER IN THE TOWN OF CHICHESTER

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GARDEN FURNITURE AND WEBER BBQ SALE

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SHOPWHYKE GARDEN CENTRE**£375,000 STOCK DISPOSAL****GRAND SALE**
MUST END 5PM THIS MONDAY*All clearance goods have been transferred from storage to the sales areas.
Garden Centre closed Wednesday to write final price reductions.***FINAL WEEKEND! - FINAL REDUCTIONS!****ALL CLEARANCE STOCK MUST BE SOLD BY 5PM BANK HOL MON 26TH MAY****JUST A SMALL SAMPLE OF THE FINAL SALE BARGAINS....****Moss House Oak**400kg living table
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the quality oak
was £3050**now £799****Flamley**goldfishbowl and
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including the supporting
to the goldfishbowl
was £199**now £199****Willington**Garden table
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the quality oak was £199**now £99****Heartlock**Garden table
with foliage
the quality oak was £199**you pay £19.99****Roman Garden**Large garden table
with foliage
was £100.00**now £14.99****Melrose Stone**Garden table
with foliage
the quality oak was £199**now £19.99****Amherst**Garden table
with foliage
the quality oak was £199**now £9.99****Capremocypars**Garden table
with foliage
the quality oak was £199**now £9.99****Heartlock**Garden table
with foliage
the quality oak was £199**you pay £14.99****Gardens Funtay**Garden table
with foliage
the quality oak was £199**now £7.99****Groverner**Garden table
with foliage
the quality oak was £199**now £9.95****H & G**Garden table
with foliage
the quality oak was £199**now £4.99****Miracle Grass**Garden table
with foliage
the quality oak was £199**now £6.99****H&G**Garden table
with foliage
the quality oak was £199**now 99p****Washington Eshurst**Garden table
with foliage
the quality oak was £199**now £1.99****Gardens Choice**Garden table
with foliage
the quality oak was £199**now £3.49****H & G**Garden table
with foliage
the quality oak was £199**now £1.79****Plac.**All plants,
including the
quality oak was £199**priced to go****Shopwhyke**
Garden Centre**Tangmere Rd, Chichester. PO20 2BL Tel: 01243 536104****FINAL EVENT HOURS:****Thursday, Friday & Saturday****10 - 6****Sunday 10 - 4****Bank Hol Mon 10 - 5****SALE ENDS 5PM**
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Fraudster tries to claim fake refunds from Chichester shops



DO YOU recognise this man?

Police want to speak to him after a man tried to trick shop staff into giving them refunds for items he had simply taken off the shelves.

The offender visited shops in Chichester on 3 May, 9 May and 6 May, selected items from the displays and then took them to the counter where he told staff he had bought them days or weeks earlier.

In each case he said a member of his family had cut themselves or badly while opening the packaging, that they had gone to hospital to have stitches and that after he had

spoken to the company's head office he had been told to go into the shop and claim.

On two occasions – at Boots on a May visit and at John Lewis on 9 May – the man left empty-handed but on the third, at Sainsbury's on 6 May, he was given a refund despite having only packed the items and not used them.

The town police would like to speak to an 45 to 55, 5' 9" to 5' 11" and of average build. He has grey hair and was wearing a blue jacket and navy or brown trousers.

Response: investigator Ryan

Delving said: "The offender is clearly very bold and is quite brazen about this way he is going packaging at the shop and demanding refunds from the staff."

"It is possible that he has tried this in other shops in Chichester or other parts of Sussex and it would like to speak to any store staff who have experienced this."

"If you know who the man is or the CCTV area where he could be phone number so we can speak to him directly."

Anyone with information should call 101, email invest@chichester.gov.uk or call the independent charity Crimestoppers anonymously on 0800 555 666.

Man stabbed in the street in Chichester

POLICE are looking for witnesses to an assault on a 29-year-old man in Chichester.

The man was attacked in St Paul's Road, Chichester, at about 4.40pm on Saturday (May 17).

The victim was walking alone to the Don Stop Shop when he was approached by a man who stabbed him in the lower back. He was taken to St Richard's Hospital with a stab wound, it is not believed to be life threatening.

At this time the suspect can only be described as a white man, short and wearing a blue hooded top. After the assault he was seen to run off towards the Portfield area.

Detective Constable Gavin

Perrow from Chichester CID said:

"This was a cowardly attack which resulted in serious injury and has no place in the streets of Chichester. We do believe this was a targeted attack and the victim and suspect may be known to each other. If you are a person, watching the development, coming in the day or can provide any information that could assist the investigation please do not hesitate to contact me."

"Anyone who witnessed the incident is asked to call not giving credit once of 100. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 666."

Police seek man for recall to prison

POLICE in Chichester are seeking a local man Peter Owen, 35, who is wanted for recall to prison.

Peter Owen, who described as slim, athletic and with brown hair and eyes, is known to have links to Chichester and Portsmouth.

He has been recalled as he failed

to comply with the conditions of his licence following a sentence of 18 months following a conviction of fraud in 2011.

Shane Police are appealing for anyone who has seen him or knows of his whereabouts to contact us or email invest@chichester.gov.uk with information, quoting

Operation Clasp. Alternatively call the independent charity Crimestoppers anonymously on 0800 555 666.



Peter Owen



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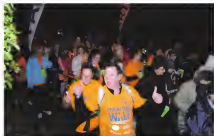
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Stars come out for Hospice's sixth Moonlight Walk



SE HUNDRED HOSPICES sixth Moonlight Walk was a fantastic night with over 100 people putting their best foot forward.

Many people walked in memory of loved ones who have been under the care of the Hospice while others simply wanted to help raise money for a local cause.

Before the walk began, there was

music from steel pan musician Jim Edwards and a performance by the Royal Troop.

"We were also treated to a fantastic show of lights and music as we walked to the hospice at our special Memory Tree, covered specially by Jonathan Reed, Bruce King of Chichester Village.

Chris McTear had a reading

went up before our walk set off from the Martyr's Lane Centre, heading up to Catherine Way and then winding their way around Chichester.

Go Martin said: "Tonight, the Moonlight Walk was lovely. I enjoyed the five miles but had a great night. Well done everyone and a huge thank you to everyone."



Community and Events Officer, Julie Longman, said: "Thanks to all our walkers, it was a wonderful night and we are really pleased with the number of people who turned out for the sixth year of the event."

Needless to say, we were very grateful to our members for giving up their time to help. Thanks to everyone who made the walk happen, it really is a community effort!"

As for the weather, it was really cold in places, so we are very grateful to our members for giving up their time to help.

Thanks to everyone who made the walk happen, it really is a community effort!"

To see photos of the event, go to the Hospice's Facebook page www.facebook.com/sthchichester or see the gallery on Flickr at <http://www.flickr.com/photos/sthchichester/>

NEW TERM Performing Arts Classes... Launching June 2014!



@ Community Hall, Rousillon Park, PO19 6DF

Starts Saturday 7th June

Saturdays 9.30am - 11am Arts & Production Age 5-10s £3.50/week
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- Two Classes 5-7s and 8-10s
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@ Graylingwell Chapel, PO19 6PQ

Mondays starts 26th June, Thursdays starts 8th June, Friday starts 8th June

Wednesdays	4pm - 5pm	Dance School	Age 5-7s	£3/week
Wednesdays	5pm - 6pm	Street Dance	Age 8-10s	£3/week
Wednesdays	6pm - 7pm	Street Dance Crew	Age 5-10s	£3/week
Thursdays	4pm - 5pm	Drama School	Age 5-7s	£3/week
Thursdays	5pm - 6pm	Drama Festival	Age 8-10s	£3/week
Thursdays	6pm - 7pm	Drama Festival	Age 5-10s	£3/week
Fridays	4pm - 5pm	Dance School	Age 5-7s	£3/week
Fridays	5pm - 6pm	Street Dance	Age 8-10s	£3/week
Fridays	6pm - 7pm	Street Dance Crew	Age 5-10s	£3/week

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National News



News in Brief

A US dating show featuring a Prince Harry impersonator from Hertfordshire has been criticised as "disgraceful" and "predatorish". Matthew Marks, 39, was a star on Fox TV's *I Wanna Marry Harry* that soon lost attempt to romance women in its six-year-old run. It has faced criticism after being sent to America on Tuesday. Mr Marks, an environmental consultant, said he never thought the premise was mean or demeaning to his wife.

A woman has pleaded guilty to abandoning her newborn baby girl in a park. The infant was found in a bag, wrapped in a towel in the October area of Birmingham in October. She was named Jane and by hospital staff, after being taken to hospital, then given a new name and put into foster care. The woman is believed to be the woman in her late 20s, who cannot be named for legal reasons, will be sentenced in July.

A pregnant teenage was told she would be short if she did not stop talking to her boyfriend being sexually assaulted by two men, a court has heard. The girl, who was 17 at the time and cannot be identified, was attacked after making up in a house in Oxford in December 2014. The jury was told Elizabeth Ahmed, 19, is accused of threatening her after she contacted police about the alleged assault by Mustafa Ahmed, 20, and told Ahmed, 27. The two deny all the charges.

An inquiry into whether "Loughborough" Sir William's celebrity status prevented him from being brought to justice as a child sex abuse victim is, being held. Crown Prosecutors believe have been served an arrest warrant as part of an investigation into the handling of allegations against William. They include two from South Yorkshire Police, two from Bedfordshire Police, and two from South Wales Police.

Leading judge Lloyd is to cut jobs and close to high-tech building centre in Chichester. One hundred and eighty jobs will be lost at the old centre in Haverhill by the end of the year, with 100 staff moving to its Spide estate. A statement from Lloyd said that 50 new roles would be created across group operations and retail.

eBay makes users change their passwords after hack



CELEBRITY MARKETPLACE eBay is forcing users to change their passwords after a cyber attack compromised its systems.

The US firm said a database had been hacked between late February and early March, and had contained encrypted passwords and other non-financial data.

The company added that it had no evidence of their being purchased

actively on its marketplace accounts.

However, it said that changing the passwords was "best practice" and will help reduce security for its users.

The California-based company has 181 million active users and accounted for 30 per cent of the world's worth of commerce on its various marketplace and other services in 2015.

It said it would be contacting users to alert them of the issue as well as to verify, delete and reset their data.

A spokesman sharply suggested that other studies around the information after observing "a small number of employees log in credentialed", allowing them to access its systems - something it only became aware of a fortnight ago.

The database... included user comments, names, encrypted passwords, email addresses, physical address, phone number and date of birth, it said.

"However, the database did not contain financial information or other confidential personal information."

"Given our extensive security measures, the compromised user database, resulting in the company's announcement today."

Although the firm also owns the PayPal money transfer service, it said that the database's data was

stored separately, encrypted and that there was no evidence that it had been accessed.

It added that any members who used the same login details need on eBay for other sites should also update them.

Ebay has not provided any information about the kind of encryption it used.

One expert said there was still a concern that the hackers might be able to make use of their data.

"We all know that given enough time hackers can crack some encrypted password files," said Alan Woodward, an independent security consultant.

"The slightly worrying aspect of this is that the hackers have a non-real list of personal information, which can be used to find identities or even help them get around other systems through password reuse."

Stephen Sutton funeral and public vigil announced



Stephen's page has now moved to his

A PUBLIC VIGIL will be held to remember teenage cancer fundraiser Stephen Sutton, it has been announced.

His body will be in "a place of honour" at Lichfield Cathedral from 11pm to 11.30pm on 21 May, before a private family funeral the next day.

Cathedral officials said the building would be open for members of the public to pay their respects.

Stephen, from Bournemouth, Bournemouth, joined 17,000 (17,000) for the Teenage Cancer Trust before his death.

His mother, Jane Sutton, and the "love and support" for Stephen's family in the video of his death last 11th December was a "great comfort".

Instead of a traditional service's silence, a celebratory "tribute up" will take place at 11.30pm on 21 May before his funeral.

Stephen made the gesture as his 17th birthday, which had started his record-breaking fundraising efforts.

Since his death, the amount raised through his fundraising page has topped 17,000.

Ernest Jones raid: Suspect's selfie left at crime scene

A SUSPECTED thief behind a January store raid which saw £10,000 worth of goods taken left his phone with his picture on it at the crime scene.

Police are hunting for a man who ran off with a number of rings from the Ernest Jones shop in Kingston, south west London, on 31 May.

But he is thought to have left his mobile on a screen on the scene.

Detectives have identified him as Francis Nicholas, known as Frank Jones.

Mr Jones, 27, and a woman, pulling a baggy suitcase, the store along to look at engagement rings.

They left the shop but Mr Jones thought to have returned about 30 minutes later, along again to look at two engagement rings and a wedding band.

After the shop assistant handed them over, the man ran out but left behind his bag with his phone in it. When the police were at the shop, it was found it contained a bag of money and showed his picture at the background.

The shop assistant who served him identified him as the person who ran off with the rings.

Mr Jones, a French national, is also wanted for questioning over robbery and burglary offences across London.

He is about 30 years old, slim, with short black hair and a French accent.

The suspect was last seen wearing a light blue shirt, grey suit trousers and black shoes.



Chichester Business

Chichester's answer to Willy Wonka?



Being able to focus at work on a top priority. While hard work and clear determination are important for focusing, what you can do affect your boss is likely to concentrate, listen and remember important details. I'm reading an article for other day about how an afternoon walk is good for brain activity and a double cup of coffee has as much of chocolate will help you sleep-out of that when will the working day end? looking. The amount of coffee to improve mental performance and lighten the afternoon nap, making it a great afternoon pick-up when you need to focus. Plus, studies have

shown that people who consumed a small amount of chocolate daily had improved mental and verbal memory skills.

The benefits of chocolate date back hundreds of years. The Mayan people of ancient Mexico used cocoa beans as money for taxation, as a bribe for a rabbit or even for a slave.

I was delighted to learn about a new Chichester business that is making produce of the popular twist by using it as a medium for tea to trade in trade fairs for local districts, as well as the problem of businesses at the same time too.

Local entrepreneur Theres Chapman launched The Chichester Confectionery Company last month. The idea after a new concept born through the love of business, beauty and more importantly chocolate. The premises of the Chichester Confectionery Company is to retail the high end Belgian chocolate, with bespoke hand-painted wrappers that will help to identify and support a business brand, charity or event, creating awareness and all important funding for those causes.

Chocolate makes us smile, by giving a customer a limited chocolate bar instead of a business card, you can have a better



memory!

Local businesses such as 'Gapped & Gapped' bakery in Galdwell Street and Dorsetman Muesli in East Street have already been quick to place their orders.

Write off to the Chichester Confectionery Company? They took my order on the Tuesday, the artwork was back by Wednesday and the stunning chocolate bars were delivered on the Friday. We can't wait to start spreading the word for our Chichester City, with the love as well as promoting our

business through the word 'love'.

Depicted Mark Hammet from

Dorsetman Muesli. Their chocolate bars are sold mainly through the production, chocolate crates and profits making opportunities too, the business is slowly having a great taste in the months of busy – a great little pick-up for your Chichester day.

For more information or to know how could work for your business too, I suggest you get in touch with Theres Chapman (01243) 200999 or visit the website at www.theres.co.uk

Do you run a business in Chichester? Then share more with rights about your events, products or services you have about us often that may be offering you, which may be discussed within a future column. Kylie@ChichesterManagement.co.uk [@ChichesterManagement](https://www.facebook.com/ChichesterManagement)

UK retailers buoyed by best trading conditions in a decade

Retailers' sales are buoyed by best trading conditions for a decade after low interest rates, rising confidence, a housing boom and a strong labour market and a late Easter boosted spending in the shops and online last month.

Figures from the Office for National Statistics showed that the volume of sales was 1.1% higher in April than in March and a 1% up on April 2010.



Sales in the latest quarter – considered a better guide to the underlying trend than one month's figures – were 1.1% up on the previous three months. Both the annual and the quarterly increases were the highest since the spring of 2008.

The ONS said there had been an across-the-board increase in sales last month, with food stores showing their strongest annual growth, up 1.4% on year. Department stores were also helped to have more of a boost as the 1.1% rise in sales in the year to April.

After a weak March, spending online bounced back in April, the ONS said, rising by 1.1% on the month for the 11th time in the year to April 2011.

The boost to consumer spending came despite a continued squeeze on real incomes caused by rising struggling to keep pace with prices.

Herald Recruitment

Chichester Herald provides businesses with an unbiased targeted and cost effective advertising solution across the City with a newspaper readership of 72,000.

The newspaper is available for not printed pick-up across the city of Chichester and surrounding areas in a wide variety of situations every Friday.

We also deliver thousands of newspapers to homes across the city every week.

As well as this, over 1000 businesses in our area will also get at least one newspaper delivered to their premises if they are in the City Centre, a town or village or in industrial business parks or a town centre on a country road.

We have 122 newspaper stands across the district which is based as far north as Mildford, south to Solihull, via Walsley and Wymondley, east to Atherstone and west to Alcester.

Mail order key to add the year newspaper to thousands of people starting from £20 a year per week. To advertise here call 01243 200999 or email advertising@chichesterherald.co.uk

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Closing date: Thursday 23rd May 2011 @ 12 noon

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Chichester

HERALD

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Russells amongst the best in the country



THIS YEAR'S list of this year's retail awards, affectionately known as the Greats – was revealed at a celebratory awards event at London's Savoy Hotel on Thursday 8 May 2014. Russell's Garden Centre, Chichester, were selected as a finalist by Progressive Gifts and Home in the Garden Centre Gift Retailer category – one of only six garden centre stores from the whole nation!

The Greats were launched by Progressive Gifts & Home

magazine in 2009, in recognition of the tremendous contribution that retailers, both large and small, make to the success of the gift industry. Now in their seventh year, The Greats are established as the greatest awards event of the year. It brings together the entire industry for a glitz and glamour celebration in the ballroom of the beautiful Savoy hotel.

The Greats magazine and website not only the top independent and multiple gift

retailers nationally and nationally, but also the very best of gift retailers as well as outstanding retail employees.

Lesley and Richard Phillips, owners of Russell's Garden Centre were delighted to be selected as a finalist this year. They said: "The competition was extremely fierce but we are nationally proud of our award winning gift department and hardworking staff who their continued commitment to customer care."

Russell's is a family run garden centre on the pretty backwater village of Northam, near Chichester, West Sussex and has a unique lifestyle store, plant centre, deli, animal feed store and award winning restaurant.

Their location, which is very close to the sea, has proved them a reputation as coastal garden specialists with an ever growing stock of garden furniture, plants, outdoor furniture and BBQs.

Russell's Garden Centre, Main Rd, Northam, Chichester, West Sussex, PO20 6YJ Tel: 01243 242255 www.russells-gardencentre.com

Opening Hours: Monday to Saturday – 10am – 5pm Sunday 12 noon – 4 pm.

Managing stress at work

EDUCATORS at Jane, Chichester's Balanced Mindfulness are running a Mindfulness course, to promote physical and mental health, and its benefits for everyone!

During the eight 8 week course, participants will learn to overcome the stress and pressures of Mindfulness and meditation, providing you with the skills to make the difference you want in your life.

More and more employers are recognising the benefits of Mindfulness to ease stress amongst their employees. Stress related conditions can be hard to manage, leaving workers with lack of motivation and focus. Techniques taught on the course enable delegates how to manage these symptoms, ensuring a coping mechanism is adopted that will establish a better, healthier way of living.

The course will be run by Gail Cohen, a senior practitioner teaching Mindfulness in NHS Systems across the country. Since 2008, Gail's work has helped to support the ongoing research at Oxford University, into the many benefits of Mindfulness and Meditation as well being.

"Mindfulness can bring about improvements in a number of physical and emotional challenges, including a reduction in stress, anxiety, anger, loss, depression & pain" Explains Gail. "It can also improve concentration, tolerance, empathy, creativity, happiness & overall life satisfaction."

"Mindfulness goes further than just short term help; it can provide long term benefits that can help with everything you do for the rest of your life."

Balanced Mindfulness are excited about the opportunity of bringing such a specialist subject to their Chichester Mindfulness Centre.

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Beginning on 2 June, the course will run weekly from 7pm – 9pm and the fully and costs just 100g per person.

To book your place email info@balancedmindfulness-chichester.co.uk Tel: 01243 271121

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Arts & Entertainment

Comment New showing of *Game of Thrones*

The Two Faces of January

The Two Faces of January

Running time: 96 minutes

Director: Hossein Amini

Starring: Keri Russell, Viggo Mortensen, Oscar Isaac



THE TWO FACES OF JANUARY is a suspense thriller starring Academy Award nominee Viggo Mortensen (The Road, A History of Violence), Golden Globe nominee and Cannes Best Actress winner Keri Russell (Spider-Man, Melancholia), Mary McCormack and Oscar Isaac (Drive, The Last Letter from Your Sister, Inside Llewyn Davis). It is based on the novel of the same name by Patricia Highsmith (The Talented Mr. Ripley, Strangers on a Train), and adapted by Academy Award nominee Hossein Amini (Gore, The Wings of the Dove, From Hope And The Heartbreak). The film is Amini's directorial debut. In 1950, a well-to-do couple (Mortensen & Russell) arrive



to know an American expatriate writer, as in Amini's earlier work (Gore). But as weekend at the couple's hotel puts all three in danger and creates a precarious interdependence between them.

A tense and dangerous battle of wits between the two men leads from Greece to Turkey, and to a dramatic finale played out in the back alleys of Istanbul's Grand Bazaar.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. Viggo Mortensen played which character in the Lord of the Rings trilogy?

- A. BOROMIR
- B. LEGOLAS
- C. ARAGORN

Send your answer and include your full name, address and a contact phone number to: competition@charlestonherald.co.uk. One lucky winner will be selected randomly. Closes 11pm on Friday 12th Feb 2014 at midnight. The winner will be notified also on the day. Lucky draw winner will be notified. Please don't cheat. Cheating will result in disqualification and forfeiture of prize.

CineWorld
Charleston Cinema, 100, Market Street, PO1 1AB, 01753 288 288

May Half Term fun at Aldingbourne!



LOOKING FOR SOMETHING to do over May Half Term with the family?

The Aldingbourne Country Centre has some great, exciting activities planned for the week! They are not just for children and see how people live in the Wild West! The May Half Term will be ending up camp at the Aldingbourne Country Centre over the bank holiday weekend, come along and see how life in their time and compare with their modern life in the Old American West.

The theme who like the great outdoors, Forest Kingdom will be at the Country Centre on Wednesday and Thursday in May. Come along for an Outdoor Survival Day on Wednesday and learn about bushcraft, camping and fire making at our Woodland with the Forest Kingdom instructors. On Thursday Forest Kingdom will be raising money and how making items to make a big difference if you are a good shot. The cost for these two days are an additional £2.00 charge to Country Centre as they are looking to raise money.

The May Half Term event starts with a Go Kart Party on Friday for children aged 4-12 years. You can try out their driving skills on go-karts at the Country Centre - maybe this year some children will be discovered! Go Karting is a great and fun activity for children.

As well as these May Half Term events, the Aldingbourne Country Centre is open every day for activities including the open farm, woodland walk, mini golf, mini-cars, tractor and tractor trials. Let us see the kids bring along a picnic, binoculars, gifts and food from the shop, camped trailer and outdoor furniture. All packages and event charges go back to supporting the charity - the Aldingbourne Trust.

The Aldingbourne Trust is a West Sussex charity that supports adults with learning disabilities to live independently and have the same opportunities as everyone else. The charity is based at the Aldingbourne Country Centre, off the A27 near Farnham. For more information about the charity and the May Half Term events call: 01243 540095 or visit the website: www.aldingbournetrust.co.uk



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June 8th 2014

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Food & Drink

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Could a single binge drink harm your health?



A SINGLE alcohol binge causes bacteria to leak from the gut and leads to increased levels of toxins in the blood, according to the study carried out at the UMMS Medical School.

And the damage could be caused by fewer drinks than expected, with "binges" being defined by the study as four or more drinks for women and five or more for men

consumed over a two-hour period.

Professor Gyorgyi Dobos, who led the research, said: "We found that a single alcohol binge can elicit an immune response, potentially impacting the health of vulnerable healthy individuals."

Our observations suggest that an alcohol binge is more dangerous than previously thought."

To assess the negative impacts

of binge drinking, 15 men and 15 women were given enough alcohol to raise their blood alcohol concentration (BAC) to at least a city limit in the space of an hour.

Blood samples were then taken for every 30 minutes for five hours after and then again at seven later.

The results, published in the journal PLOS ONE, showed that just one alcohol binge led to a rapid increase in endotoxins in the blood, which causes the body to produce immune cells involved in fever, inflammation and tissue destruction.

The researchers also found evidence of bacterial DNA in the bloodstream, showing that bacteria had entered the gut. This bacteria was able to travel through the gut walls to other parts of the body.

Men had higher blood alcohol levels compared to women, as well as higher endotoxin levels.

Gender put permeability and increased endotoxin levels are commonly found in many of the health problems associated with alcohol consumption, including liver disease.

Food should be regulated like tobacco, campaigners say

GOVERNMENTS around the world should impose regulations on food similar to those placed on tobacco to avoid obesity-related health problems in the future, campaigners say.

Consumers International (CI) and the World Obesity Federation (WOF) say that the potential threats posed by unhealthy foods could turn out to be more serious than those from cigarettes. The two groups called on governments around the world to introduce legislation to help consumers make healthy decisions about what they eat.

Unhealthy diets now rank above tobacco as a global cause of preventable non-communicable diseases, WOF said in a press release.

The two groups said that obesity and related deaths related to obesity and being overweight now cause a toll of more than 3.4 million a year.

CI's director general, Amanda Leach, said that regulations should be imposed to meet problems similar to those caused by tobacco. "The scale of the impact of unhealthy food on consumer health is comparable to the impact of cigarettes, she added.

The two groups say that the best way to tackle the problem is through worldwide "holistic action". This now rules the groups advocate include measures to reform people's diets, strengthen fat and sugar intakes, strong better food in hospitals and schools, the introduction of stricter advertising controls, and ensuring better education campaigns to help individuals make healthy choices.

Leach Upchurch at CI said: "If we don't take action now we are going to have the same consequences as what has happened in the food industry - as the tobacco industry in the 1950s."

But Terry Davis, director of communications at the Food and Drink Federation, said that the food and drink industry in the UK was already taking action to combat obesity.

He said: "The industry's participation in the UK government's public health responsibility deal sees manufacturers working in partnership with government, health organisations, NGOs and other stakeholders."



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Win a meal for 2 at Murrays





Chichester Herald is giving away a £25 Murrays meal for two people a week.

The Chichester Herald is a free community & lifestyle magazine compiled and sponsored by the Chichester Herald & Community Foundation. Every week we deliver it to our readers in Chichester, Bognor Regis, Littlehampton and Eastleigh.

For your chance to win a Murrays meal for two people a week, please email your name and address to: win@chichesterherald.co.uk

Can you guess where this picture was taken within the Chichester area?

Reply by email to: win@chichesterherald.co.uk with your answer, name and contact number to: win@chichesterherald.co.uk

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Entries will be at: Wednesday 18 May 2. Entries stop at: 5pm. Prizes will be awarded to the winner of the Chichester Herald & Community Foundation's weekly lucky draw by 14.00 on the Friday following the draw. A second prize will be awarded to the runner-up. The prize will be a Murrays meal for two people. The prize will be a Murrays meal for two people. The prize will be a Murrays meal for two people.



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Travel

Man creates UK holiday home with world's first 'beach room'



SAD TO SEE THE BACK OF THE HEADLINE? The modern holiday home owner has created a beach in his front room as a test for him, pursued another this summer. Copying images of St Tropez or the Bahamas, the glass holiday home is complete with real sand, palm trees and deck chairs but the luxury beach house is actually in Exminster, East Devon. Powered by cutting edge Swedish technology that replicates natural sunlight, it's the only beach room of its kind in the world and it's even possible to get a tan. Guests can heat the room to 26°C

or replace the natural glass from real sunlight, the holiday home has been popular among people with seasonal allergies, thanks to the real sand and the water filter. As well as the beach room, the three-bedroom, 10th century cottage is complete with a cinema room, a Jacuzzi bath and an open plan living room and kitchen. For £2000 a night, the owner can expect a week end of some amazing memories on the beach. And if the weather does turn out to be good enough to get outside, the luxury resort is just a stone's

throw from the East coast and a private beach for guests. Owner, Karl Sainsbury, 38, said: "The beach is comforting - it really tells you 'people are so relaxed by the idea of having themselves made when the weather outside is awful - especially in the winter.' With the sand and the palm trees and the DJ deck, it's ready for a real beach party or just a relaxing day on the shore." <http://www.exminsterbeachroom.co.uk> Jane Waters from Quinlan's, who sells the package for the cottage, said: "The beach has proved to be popular as you aren't reliant on the British climate to be entertained on holiday there." With the beach room, the main house and the sea lounge it would be hard to go on even if the weather outside was good. "We've seen more busy looking to holiday in the UK, perhaps due to financial pressures at the moment. This may give you the sun, sea and sand without having to step on a plane - it's the best of both worlds."

Grand Holiday City turns ghost town



THE GRAND HOLIDAY CITY, the biggest holiday resort in Europe,

Holiday City was to have 30,000 houses, three golf courses and to top things off, a massive 10,000 hotel.

But between the idea and the reality fell the shadow of Spain's financial crisis and now Holiday City was a deserted ghost town.

The Master of Holiday City in north of Valencia on Spain's Mediterranean coast.

The MacKinnon reports most of the country's houses and shops are empty and the developer has

collapsed under the weight of its debts.

But if the developer's declared his billions debts, several billions

Private company Master of the Leisure dedicated debts of 10 billion, 1000 million of which is owed to banks.

The developer's ambitious plans were brought online by a property slump, banking crisis and asset over-investment.

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Freshly squeezed apple juice helps relieve asthma

or many people it has started. The sun may be shining, but harking in the background of summer blues are the dreaded sticky eyes, the running, sniffing nose, the wheezing and the sneezing, and the coughing, and the sore throat. 'This pollen is in the air and the grass is being cut, and for many people it seems their summer dreams into a hazy reality.

But did you know there is something very simple you could try that may be of great help? Drinking apple juice could help the risk of developing asthma, but consuming



Denise Kelly
Nutritionist & Herbalist

whole apple adds appears to have not much effect. Juicing apples themselves, rather than buying a carton of apple juice or drinking the most effective and doing this once per day or twice to reduce symptoms by half. It is the phytochemicals in apples, such as flavonoids and glucanin, that help to reduce the inflammation in the airways, which is a key feature of both wheezing and asthma.

I believe, mainly that the syndrome of asthma is developed over time could be helped to a more away from natural, fresh foods to fast food. The latest study, published in the European Respiratory Journal, looked at almost 10,000 people school children and found that those drinking apple juice at least once a

day were 50 per cent less likely to develop asthma symptoms.

Often when children and adults develop asthma they are given a blue inhaler, and soon progress to the brown, business sized one. There is often a feeling that there is no cure for this, and it's just something you have to live with forever more. However this is not necessarily the case. I have seen many asthma patients symptoms change and even disappear completely through a change of diet and lifestyle. The doctor they feel when they no longer have longlines from their pump is amazing, and from then on a life of dependency I am not negative that asthma can be cured over night, and should make it very clear that you should never put any more in asthma without seeking the advice of a trained professional, but consuming your fresh fruit and vegetables and making sure a part of your every day life you can make drastic difference to your life.

You asked by this lovely lady, and where summer juice recipe and see what happens.

4 Reasons for an apple a day

Pectin: Pectin is a form of soluble fiber that lowers both blood pressure and glucose levels. It can also lower the levels of LDL, or "bad" cholesterol in the body. Pectin, like other forms of fiber, helps maintain the health of the digestive system.

Vitamin C: Ascorbic acid, which helps maintain overall health.

Phytochemicals: Apples are rich in a variety of phytochemicals, including quercetin and flavonoids. These compounds help protect against heart disease and can have a profound effect on health, including reducing the risk of heart disease, diabetes and asthma.

Apple skin: An antioxidant, chewing tooth and killing bacteria in the mouth, which may reduce the risk of tooth decay.

Two apples a day

One quarter of a medium apple a day

Two apples a day

You don't need paper napkins

One small handful of walnuts

Put all the ingredients into your juicer and drink. If you do this twice per day for a two-week period you should start to see and feel a noticeable difference.

It's also really important when

trying to improve wheezing, inflammation, buy lower sodium, to avoid all dairy foods, white refined sugar and carbohydrates as well as wheat. Try also to avoid foods from the dairy nightshade family, such as bell peppers, tomatoes, cucumbers etc as many people that these can aggravate symptoms.

What do you have to lose? Try it and see.

There is nothing more important than looking after your health to successfully a thriving and vibrant life.

To get outstanding health and energy Denise does provide consultations in these cities: West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her - www.denisekelly.co.uk info@denisekelly.co.uk @DeniseKelly 07784711828

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Dr Feng Wang is an associate of the RCGP (Association of Traditional Chinese Medicine and Acupuncture (UK)). He has been practicing his profession over 18 years and has his own clinic in Chichester town centre.



Dr Feng Wang has been practicing acupuncture and other holistic therapies in London, Portsmouth and Chichester for over 5 years. Prior to this, having obtained his degree in Chengdu University of Traditional Chinese Medicine he had practiced acupuncture and medical herbs in China for 12 years.

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It's Time to applaud the Great British Fashion Industry



THE FASHION industry in Britain is once again, according to statistics released earlier this month showing the economy has grown at a faster rate than it has in years.

And that's worth celebrating, isn't it? We've all lived under the gloomy gaze of austerity, job cuts and poor pay increases could.

Let us rejoice once again for another what it was like pre-recession - when

world like credit crunch and Greece's collapse wasn't only part of the global population's vocabulary.

While everyone would probably agree life would be better if the bubble hadn't burst, the way the fashion industry has grown and evolved in the face of reduced investment and spend is truly extraordinary.

Wider to market, the challenge

being retail on a whole from the moment the economy started to falter that designers have been advised.

You only have to look at my high street outside of most major cities to see the effects. Towns have closed the store empty. Most of the stores are characterised by steps of pure shops, giant shops, boutiques and empty shops.

But although there is a lot of talk on Britain's actual high streets, the industry itself hasn't contracted. Revealed to be worth a phenomenal £100 billion by the British Fashion Council this year, it's up 10 billion on many proving its effort to adapt to current has been worthwhile and successful.

It's not just about keeping with the times, it's about keeping with the times. It's about keeping with the times. It's about keeping with the times. It's about keeping with the times.

Meanwhile, fashion, accessories and fashion collective have remained ambitious, creating

a competitive marketplace that has given the consumer more choice.

Plus, with more and more designer labels opening up and high street shops expanding, there has never been such a community among fashion. Start up. Find your style. Check out the Great British Fashion Council.

But it's not just about keeping with the times, it's about keeping with the times. It's about keeping with the times. It's about keeping with the times.

They're not just about keeping with the times, it's about keeping with the times. It's about keeping with the times. It's about keeping with the times.

As well as that, it's about keeping with the times, it's about keeping with the times. It's about keeping with the times. It's about keeping with the times.

the latest. Most have found great shoppers across to big name designers through online fashion collections or in, content via and personally visiting.

If you're coming out overnight to visit your first hands-on pair of boots, it's proof of a strategy truly appealing to shoppers, I don't know what it is.

Whether on the high street, River Island, Debenhams, New Look and Liberty have followed suit with similarly successful designer collaborations.

The industry's continued creativity and ability to adapt in the face of adversity is part of the reason the Harrod UK Fashion is Trade Awards - due to take place on 21 May - are so important.

They acknowledge the people working in every part of this sector to make it great and if the recession is over, there's never been a better time to raise a glass to their success.

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A detached house situated in private estate approx 3 miles to the East of Glasgow Region. The property was constructed in 2008 and has a ground floor showing: main living room, lounge with folding doors opening to the dining room, large conservatory fitted kitchen/breakfast room, master bedroom with an en suite shower, 4 further bedrooms, bathroom, garage and carport. EPC Rating: C



ALLOCATION

0850.0640

Sanborn's house museum makes fascinating use of the National Avenue plantation's history. The atmosphere is warm and pleasant, the place is one of many of the original owner's antiques and is the result of the man's garden. The house is a good example of the early 19th-century style, and the garden is a fine example of the early 19th-century style. The house is a good example of the early 19th-century style, and the garden is a fine example of the early 19th-century style.

**FOCUS**

(0795,000)

A finished cottage style home set in approx two acres of ground offering superb views across the river. The property has potential for further development if required. Close to a river, a lovely dual aspect living room, dining room, good size kitchen, separate sitting room, master bedroom with en suite shower, two full bathrooms, second kitchen, two detached single garages with timber floors, new painted swimming pool and a large garden with mature trees and shrubs.



ALERTNESS

0650.0000

• **Climate:** houses situated on a corner plot. The orientation of the wall is considered properly relative to the direction of the wind. The wind direction is considered to be the prevailing wind direction. The wind direction is considered to be the prevailing wind direction. The wind direction is considered to be the prevailing wind direction.



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It delivered luxury houses situated on original land plots in prime areas, superb sea views from the private beach. The specification of the well-appointed property includes 12 ft. glass doors, large dual aspect living rooms, a study, a kitchen/dining area, sitting room, master bedroom with an en suite shower room, three further bedrooms, bathroom, detached double garage and large enclosed rear garden. Call: 01203 611111.



COLTS RAY

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It's defined as anyone situated in a small private enclave within 300 yards from local shops & 400 yards from the beach. G.E.H. double garage, south-facing lounge with sun to the dining room. Three bedrooms, the eldest room master bedroom with en suite bathroom, two further double bedrooms, shower room, double garage and garden including a south facing lawn. EPC Rating: E.



ALLEN & UNWIN

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Asset protected ground that apartment includes a private square estate within 150 yards of the apartment to the beach. This property was constructed 2005/12 and includes a 1/2 in a P.R.C. double parking structure that is a great living area containing the lounge and kitchen area, master bathroom and an extra-chosen area. Includes two bedrooms, a private pool and a covered parking, swimming pool, with a private patio.

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Speed spies 'in half of all cars by 2020'



EC618021 will have to install spy in the car's tracking device within the next decade or two being refused insurance, experts warned yesterday.

Black box-style systems have already been fitted in many vehicles to monitor the number of journeys made, the time of day and driving behaviour such as speed and braking.

The technology, known as

telematics, will have to be included as standard in all new cars under EU regulations from October next year to help emergency services find crashed vehicles.

Insurance urged motorists with older vehicles to fit them voluntarily because they make premiums cheaper for safer drivers.

Drivers will have to install spy in the car's tracking device within the next decade or two being refused

insurance, experts have warned.

Drivers will have to install spy in the car's tracking device within the next decade or two being refused

insurance, experts have warned. Research by the Boston Consulting Group estimated that by 2020 around half of all cars will have the monitoring equipment.

But privacy groups branded the growth in the tracking device 'totally unacceptable' and warned

there was a risk that drivers would lose control over who had access to their data and how it was used.

Yves Lillo, from insurance comparison website GoCompare, said they would be no mainstream vehicles a decade that drivers who still preferred not to be tracked would have to accept it.

"There will be reasons for people opting out - perhaps because they are bad drivers or unhappy with the privacy issues, or have no idea," he told the Sunday Telegraph.

"Yet they will have to accept a higher premium to ensure their car's OK to drive from Boston Consulting Group, and drivers could be refused insurance if they did not have some sort of monitoring device in their car."

He said: "We are aware of insurers considering whether they should only take on new customers with telematics. We can see a situation where insurers will only be interested in certain types of customers, such as those who are willing to take a telematics policy."

Andy Haines, chief executive

of motor insurer Agnès UK, recently told the British Insurance Brokers' Association website: "The ability to have information will become mainstream because the technology will be in the car."

"It means the amount of data available to insurers increases dramatically."

Peter Williams, of the FAL, said: "We are working with the industry to make sure control over the sharing of such data is retained by the individual customer... but for the vast majority of motorists it will be a good thing, with regard to cheap life safety and vehicle security."

But Emma Carr of Big Brother Watch said: "Young drivers to have a telematics device installed in their car, capable of recording and transmitting exactly where and when they are driving, is totally unacceptable."

There is a clear risk drivers will lose total control over who has access to their data and how they will use it."

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Sport

Golf

Two holes-in-one for Holly



Holly Anderson

GOLF AT GOODWOOD'S Ladies European Tour professional Holly Anderson had her second hole-in-one at the pre-qualifying event for the US Open at The Harewood estate this week. The 27-year-old clinched a place for the six-year-old 18-hole 36-hole Holly then headed to Australia for the 54-hole DeLormeuille Ladies Open which gets underway at The International from May 19th-21st. Elsewhere, in year old Marco Poggio will tackle the US Open Champions and Gold At Goodwood on Monday. Justin Rose is the Pro-Am at the 38th PGA Championship at Wentworth. Marco will work alongside Mark Falder. Justin's full time caddy who has a career spanning 20 years including working for the legendary Louis Vuitton. Marco then Star to the US on Thursday for the 54-hole

Thameshead International Event in Southside, Arizona from May 19th-21st.

For the 18th year, 98 junior golfers from around the world will compete in the event and join the ranks of PGA and LPGA Tour stars like Webb Simpson, Steve Fries, Justin Spink, Paula Creamer, Luke Park and Len Thompson who have all competed at the Harewood Golf Club hoping to capture one of the most coveted titles in junior golf.

A global offer to the best of Scotland, Arizona, the Thameshead International Junior brings together players from 10 states and 15 foreign countries including Australia, China, France, Germany, India, Sweden, Thailand, Spain and the UK.



Holly Anderson



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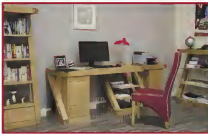
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